

Muscle Strengthening at Home (Bicep Curls)

(Dave Patania)

You can strengthen your arm muscles even more by doing bicep curls.

These bicep curls can be done, with either dumbbells, which Rachel is using right now, or resistance band, like this one. You can purchase either these or these items at most sport supply stores.

How do you determine the correct amount of weight for you? Well, a good rule of thumb is to use an amount that's going to leave you tired after 10 repetitions.

You can either stand or sit for this one. So with a dumbbell in each hand, place your feet shoulder-width apart, keep your arms at your sides. Have your palms facing your thighs. Lift the weight so your forearms rotate and your palms face toward your shoulders. Keep your upper arms and elbows close to your side, as if you had a newspaper tucked beneath your arm.

Keep your wrists straight and dumbbells parallel to the floor.

Pause, and then lower the dumbbells back toward your thighs, rotating your forearms so that your arms, once again, are at your sides, with your palms facing your thighs.

It is important to make sure that your elbows don't move away from the sides of your body, and that your wrists stay straight.